



Weekly Step Tracker

Participant Name: _____ Team Name: _____

Week number: _____ Week of: ____ / ____ / ____ - ____ / ____ / ____

Weekly step goal: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Number of Steps/day							

Total steps taken this week: _____

Participants: Please complete this sheet at the end of the day, by adding the total number of steps from your pedometer plus any step equivalents from the day. This sheet must be turned in to your team captain every Monday to prevent penalty miles.